

September 2017



Excellence in healthcare  
*personal to you*



## Don't let claustrophobia keep patients from having a Toshiba Vantage Titan 1.5T Helios Gradient MRI or Toshiba Aquilon One 640 Slice CT scan

Charity Mukwenya and Rachel Davies, Superintendent Radiographers at St Joseph's Hospital.

Patients who suffer with claustrophobia will be filled with dread at the thought of having a CT or MRI scan. They needn't be! At St Joseph's our CT scanner is doughnut shaped with a 78cm wide bore and has the capability of scanning

areas of the body in a fraction of a second. Claustrophobia isn't usually an issue, and our skilled Radiographers guide them through the process, which takes a few minutes at most.

St Joseph's also boasts an MRI scanner with the widest bore available, with a diameter of 71cm and short length of 140cm. Many scans are performed with the patient going in feet first which is much better tolerated by those who are apprehensive. The scanner has patented sound suppression technology, making it 80% quieter than conventional MRI scanners. The benefit of having these features is that the majority of our patients don't experience claustrophobia.

Patients typically get an appointment within 24 to 48 hours, which means anxiety due to waiting is minimal. We also invite patients to view the scanners prior to their appointment to reduce unnecessary worry.

Both our CT and MRI rooms have been specially designed to help patients relax, using mood lighting and specialised light boxes which give the appearance of looking at the sky. We can also play music during scanning which is particularly soothing.

We've had very positive feedback, with patients saying how relaxed they felt during their scans and how the staff kept them well informed. An audit on claustrophobia supported this with a 99% success rate.





## Pelvic Pain Centre

### A multiprofessional team approach

#### What is chronic pelvic pain?

Chronic pelvic pain is pain in the lower abdomen or pelvis that lasts more than 6 months. Chronic pain can come and go, or it can be constant. Sometimes chronic pelvic pain follows a regular cycle, it might occur during menstrual periods, before or after eating, during urination, bowel movements or sex. It affects both males and females. Men can experience chronic discomfort or pain in the groin, genitals, perineum or bladder. They may have pain on urination and ejaculation.

Many feel anxious about the situation. Chronic pelvic pain is as common as low back pain and migraine, and significantly affects quality of life and the ability to carry out everyday activities. Chronic pelvic pain patients are often dismissed too easily and their complaints are trivialised.

#### What causes chronic pelvic pain?

Whether the pain is acute or chronic, it is important to have it diagnosed and appropriately treated. Pelvic pain can be caused by a variety of conditions including endometriosis, adhesions, irritable bowel syndrome, painful bladder syndrome and musculoskeletal conditions. It can be difficult to pinpoint the exact cause of pain. For some women/men with chronic pelvic pain, no cause is found.

#### Diagnosis of pelvic pain

At our Pelvic Pain Centre, Dr Wartan who has been running Chronic Pelvic Pain Multidisciplinary and Multiprofessional Clinics since 2004 will offer you:

- Expert assessment.
- A full medical history of your pain, pelvic organs function and impact of pain on your patient's daily life.
- A thorough clinical examination including the pelvic floor.
- Will organise appropriate radiological investigations.

#### Treatments of pelvic pain

The goal of the treatment is to reduce symptoms and improve quality of life.

Dr Wartan, with her expertise in the field of chronic pelvic pain and her multiprofessional team including a highly-experienced women's health physiotherapist and counsellor, offers:

- A full explanation of the pain.
- An individual management plan, including various methods of treatments.
- Multimodal painkillers regimes including access to latest medications.
- Pudendal nerve block.
- Various relevant nerve blocks.
- Abdominal muscle blocks.
- Piriformis and other relevant blocks for the posterior pelvic wall and lower back which frequently are associated with pelvic pain.
- Specialist pelvic physical therapy.
- Counselling when pain has impact on mood.

#### Case study

*"A young lady attended my clinic with an ongoing unilateral cramping lower abdominal pain radiating down the inner thigh since her teens. She was diagnosed with Endometriosis and had laparoscopic treatment of the condition but the pain restarted again a year later. Other treatments including Mirena coil and medications failed to help her pain. She had a demanding job and was struggling; her quality of life was poor.*

*Following a comprehensive medical history analysis, she received a thorough examination of the abdomen, pelvic floor and the spine. A diagnosis of chronic pelvic pain was reached with pain generators including myofascial abdominal wall and pelvic floor pain as well as viscerosomatic hyperalgesia with central nervous system sensitisation.*

*A detailed patient-tailored management plan was formulated with input from the patient to address her pain and interference with daily life and work. Accordingly, she received new medications and two nerve and abdominal muscle blocks. She was referred to our women's health physiotherapist where she received pelvic floor myofascial work. Following those treatments, the patient reported complete pain relief with pain-free menstrual periods; she started a new full time job and is managing very well".*

Do not let pelvic pain rule a patient's life. Dr Wartan manages countless numbers of patients with chronic pelvic pain/discomfort. Call St Joseph's Hospital on **01633 820 300**, or visit [stjosephshospital.co.uk](http://stjosephshospital.co.uk)

## 60 seconds with...

We sit down with Charlie Chan, Consultant Breast Surgeon.

### *Tell us a bit about yourself.*

'Photographer and Cancer Surgeon' is written on my business cards. My day job involves treating people with a wide range of breast problems, from minor issues to breast cancer, as well as breast reconstruction and cosmetic surgery. At night, I have an alter ego as a photographer, taking pictures of rock and jazz bands all over the country.

I come originally from the Far East of Kent, namely Canterbury. I graduated from Bart's Hospital in London, and trained all over the south of England. I spent much of my time at the John Radcliffe Hospital, where I did three years of molecular oncology research for my Ph.D. at the Institute of Molecular Medicine, in Oxford. I worked as a NHS Consultant from 1999 until 2013, initially in Bournemouth, and latterly in Cheltenham. I now work at St Joseph's Hospital in Newport.

Every other Saturday, I can be found opposite "The Shed" on the halfway line at Kingsholm, supporting Gloucester Rugby with my daughter, Coco. It has been a long time since Gloucester won anything important. My wife, Sue, forced me to hang up my boots at the age of 33 after too many injuries. Being under tall, I started initially as a scrum-half, and then moved to hooker at the age of 18.

### *As a Consultant Breast Surgeon, what are the biggest challenges that you find?*

The most worrying and difficult thing to manage for the patient is uncertainty. When people notice worrying problems with their breast, the wait to see a specialist can feel like an eternity. Hence, trying to reduce waiting times to a minimum is really important, particularly as many of our patients are diagnosed with innocent problems.

We have increased the number of breast clinics at St Joseph's Hospital, so that our patients do not have to wait to be seen.

### *What would you say are the most common referrals that you see?*

Women (and some men) can come with a multitude of breast problems, but the most common ones are breast lumps and breast pain. Sometimes ladies can present also with nipple discharge or changing shape of the breast.

Fortunately, the majority of breast lumps prove to be innocent. Women with breast pain rarely have significant problems, but often have considerable anxiety before coming to the clinic. Having the ability



to offer a "One Stop" service with rapid access helps to allay the fears of the many, but also diagnose those with breast cancer quickly.

### *In your experience, what are the most difficult conditions to spot, and what should medical professionals look out for to help identify them?*

Breast cancer becomes increasingly common, as people get older. It is often fairly straightforward to identify older women with suspicious symptoms, who need urgent referral.

However, the number of women aged under 40 diagnosed with breast cancer in the UK has gone up significantly in the last 25 years (67% increase in Cancer Registry data, between 1979 to 2014). Ensuring that younger women with breast cancer are diagnosed quickly can be a major challenge, particularly as the prognosis is more challenging in younger patients.

### *St Joseph's Hospital has a dedicated BreastCare Centre of Excellence – how do you feel it compares to other centres taking into consideration the level of care, the technology available, and the service?*

The new purpose-built BreastCare Centre is a model department with modern diagnostics, privacy for patients, and a great team of consultants, nurses and radiographers.

St Joseph's Hospital has some of the best imaging facilities for breast problems in the UK. Newly developed 3-D mammography (tomosynthesis) and rapid access to breast MRI means that even the most complex of breast problems can be diagnosed in the BreastCare Centre. Close cooperation between the different specialties means that patients treated here get truly multidisciplinary care, without delay.

### *What are the benefits of the BreastCare Centre at St Joseph's Hospital?*

Having all of the most up-to-date breast imaging equipment means that the vast majority of patients attending St Joseph's only require a single visit to complete all of the tests required to make a diagnosis. Even if further complex investigations are required, such as MRI or tomosynthesis guided biopsy, these can usually be performed within a few days.

Importantly, the BreastCare Centre has been designed to provide a calm, welcoming environment, where patients can have the time to have their diagnosis explained fully with appropriate support, if required.

*What do you see as being the next major breakthrough in breast cancer care?*

Undoubtedly, routine use of emerging DNA technology with "Next-Generation Sequencing" will herald in a new era of truly personalised medicine. We already regularly use genomic profiling in some patients with breast cancer, with the Oncotype DX test. I have just started to use a new diagnostic and treatment monitoring assay, which measures plasma cell-free DNA, which is only produced when cells undergo apoptosis; this may prove to be very sensitive as a diagnostic tool for cancer, as well as providing

very rapid indication of response to drug treatment. In due course, all of this technology will become increasingly commonplace, and breast cancer patients will receive only the treatments they need.

*If you could offer one piece of advice to fellow breast cancer specialists, what would it be?*

Learning about molecular medicine. This will be key to unlocking the future of breast cancer management, as well as all other malignancies. I feel very privileged that my Ph.D. in molecular oncology from Oxford enables me to gaze over the horizon at emerging science. The ability to interpret individual tumour molecular changes and the role of new immunotherapy drugs will change cancer treatment from the current "off-the-peg" treatment into new "bespoke, tailor-made" management.

## BreastCare Centre

### St Joseph's Hospital expands services at specialist BreastCare Centre

Services at St Joseph's Hospital's state-of-the-art BreastCare Centre in Newport have expanded, with the addition of a new, highly acclaimed specialist.

Joining the team of eminent consultant breast surgeons is Mr Charlie Chan, a specialist in breast disease, cosmetic breast surgery, melanoma and soft tissue tumours.

The BreastCare Centre sees over 500 private patients each year and prides itself on offering consultation without delay. Patients are typically seen within 24 hours compared to the NHS waiting time of up to two weeks, whether they have been referred by their GP, have a family history of breast cancer, or self-refer due to health worries. Emphasis is placed on early detection, along with a caring and supportive environment.

Mr Chan said: "The facilities at St Joseph's are superb. I've worked in both the NHS and the private healthcare sector and the diagnostic technology available is among the best along the M4 corridor from south Wales to London. Patients benefit from the ability to have all of their breast care examinations and diagnostic procedures in the same visit, providing a rapid access service without unnecessary delays.

"For me, it's important that we provide patients with a reassuring environment. This can be a worrying and frightening time, so I treat everyone through the door as if they're a friend or part of my family.

"One of my patients calls me the 'Rockdoc' because of my other passion; photography."

As well as specialising in breast cancer surgery, Mr Chan is a keen photographer, taking photographs of rock and jazz artists all over the country. His subjects include The Who frontman Roger Daltrey, Wilko Johnson, Jamie Cullum and Gregory Porter; some of whom have his photographs in their personal collections.

St Joseph's has invested in world leading diagnostic technology; it is the only private hospital in south Wales which offers tomosynthesis (acquires data like a CT scan of the breast) and stereotactic biopsy. This ground-breaking technology integrates the mammogram data and biopsy procedure which has been shown to diagnose 41% more invasive breast cancers than conventional mammography alone and reduces false positive recall rates by up to 40%.

The BreastCare Centre also offers a free BreastCheck service to women and men of all ages. The service is unique within Wales and south west England; with other private healthcare providers charging for these appointments.

Mr Chan is based at St Joseph's Hospital's BreastCare Centre every Tuesday and Thursday.

To make an appointment at the BreastCare Centre call **01633 820 386**, email **breastcare@stjosephshospital.co.uk** or visit **stjosephshospital.co.uk**

## Non-Invasive HeartFlow<sup>®</sup> FFR<sub>CT</sub> analysis

Helps physicians identify the treatment approach for patients with coronary artery disease.

Physicians at St Joseph's Hospital now have access to non-invasive technology that will help them identify the appropriate treatment approach for patients with coronary artery disease. The technology, called the HeartFlow FFRCT Analysis, is the only non-invasive technology to offer physicians insight into both the extent of a patient's arterial blockage and the impact the blockage has on blood flow.

In most cases, the severity of a cardiac stenosis is judged by visual inspection by a cardiologist during cardiac angiography. However, the ability of the cardiologist to discriminate between lesions that are best served by revascularization (for example, stent implantation or bypass surgery) and those that are physiological insignificant and can be managed with medications is limited on the basis of angiography alone.

Currently, clinicians measure Fractional Flow Reserve (FFR) to determine the difference in pressure proximal and distal to the coronary stenotic lesion, this allows clinicians to quantify the significance of stenotic lesions. However, FFR is invasive and costly as it requires additional time and equipment in the cardiac catheterisation lab in addition to x-rays and contrast administration.

Studies have shown the need to improve the accuracy of non-invasive tests used to evaluate coronary artery disease. A recent study, which included data from more than 1,100 hospitals, found that over half of the more than 385,000 patients with suspected coronary artery disease who underwent an invasive coronary angiogram (ICA) in fact had no need for intervention since no blood flow blockage was found during the ICA.<sup>1</sup>

The National Institute for Health and Care Excellence (NICE) recently issued two final guidance statements.

The first pertains to the assessment and diagnosis of patients with recent onset chest pain (CG95), where coronary CT angiography (CTA) is recommended as a frontline test for any patients whose clinical assessment indicates typical or atypical chest pain.

The second is on the use of the Heartflow FFRct Analysis to assess functional ischemia in these patients. NICE completed a Technology Assessment reviewing the use of Heartflow FFRct Analysis to aid clinicians in the diagnosis of functional ischemia. NICE concluded that the case for adopting Heartflow FFRct for estimating fractional flow reserve from coronary CT angiography is supported by the evidence. The technology is non-invasive and safe, and has a high level of diagnostic accuracy. FFRct is contraindicated in patients with prior coronary bypass surgery and in some patients with prior stent implantation.

Heartflow FFRct should be considered as an option for patients with stable, recent onset chest pain who are offered CCTA as part of the NICE chest pain pathway.

Based on the current evidence and assuming there is access to appropriate CCTA facilities, using Heartflow FFRct may lead to substantial cost savings and may avoid the need for invasive coronary angiography and revascularization. The test requires no additional hospital visit or waiting time for the patient, and adds no medical radiation exposure or medication administration beyond the initial CCTA. Clinical studies have reported improved Quality of Life in patients who have access to this diagnostic pathway as compared to those who undergo ICA.

"The HeartFlow Analysis is the only available technology that provides the certainty of an invasive test with the convenience of a non-invasive test in one platform particularly in patients presenting

*"We are confident HeartFlow analysis will be a game-changing technology that will simplify the investigation of patients with chest pains also enhancing the status of the hospital as a centre of excellence".*

DR CAMPBELL ROGERS, M.D., F.A.C.C.,  
CHIEF MEDICAL OFFICER AT HEARTFLOW , INC.

for the first time with chest pains suggestive of stable angina” said Dr James Cullen, General and Interventional Consultant Cardiologist at St Joseph’s Hospital.

We are the only facility in Wales with this technology which we expect to improve and streamline the management of patients presenting with new onset stable angina.

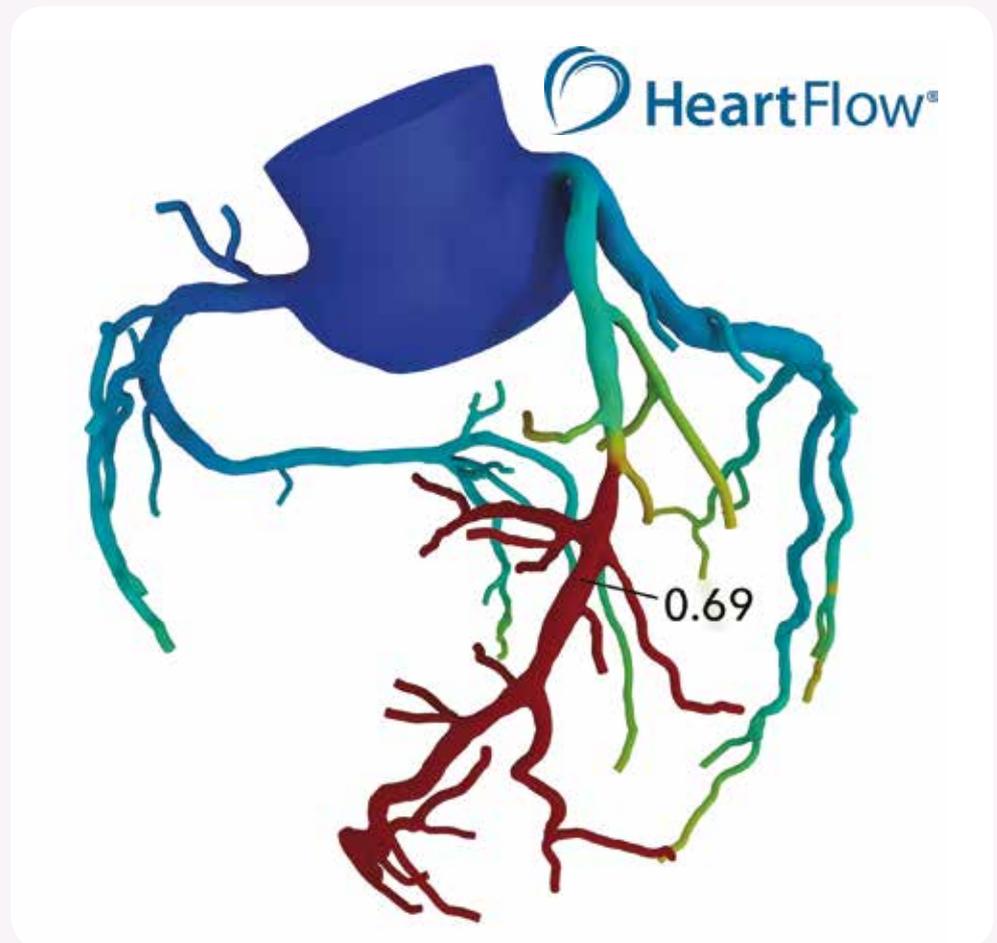
The HeartFlow technology creates a personalized, digital 3D model of each patient’s arteries using the images derived from a standard, non-invasive coronary CT angiogram (CCTA). Powerful computer algorithms then solve millions of complex equations to assess the impact of blockages on blood flow. This information aids physicians in determining the appropriate course of action for each patient.

The HeartFlow Analysis has been evaluated in four large, prospective clinical trials enrolling a total of more than 1,100 patients at major medical centers worldwide. The most recent, called PLATFORM (Prospective Longitudinal Trial of FFRCT: Outcome and Resource Impacts), demonstrated that a HeartFlow-guided patient evaluation strategy effectively identifies which patients do and do not need invasive treatment. When compared to usual care, a HeartFlow-guided strategy showed an 83% reduction in the number of patients who underwent a planned ICA only to find that they in fact had no obstructive disease, and therefore, no need for invasive intervention. Despite the difference in the number of patients who required ICA, the rate of revascularization procedures, such as coronary stenting or bypass surgery, were similar.<sup>3</sup>

Results from the trial were published in the European Heart Journal and the Journal of the American College of Cardiology.<sup>3,4</sup>

#### Testimonial

*“I have always been very health conscious and have regular health checks every two years. The last check showed everything to be in good order except my cholesterol reading was 6.4 which is way over the recommended level of 3.0. My doctor*



*could find no reason for this problem other than it may be hereditary and as such that I should start taking statins from then onwards because of the potential risks of heart disease or stroke. I had read in a national newspaper about a new method of analysing a CT Coronary Angiogram via a process developed by HeartFlow. They were able to look at the scan results and calculate the rate of blood flow through the arteries to the heart. HeartFlow are based in America but digital technology meant all the scan results were sent electronically to them and they carried out the analysis within 3 days. The results were excellent with no significant narrowing of the arteries so there was no existing problem to worry about and hence statins will keep any issues at bay for the future. I am extremely happy with the speed and outcome of the CT scan and subsequent analysis by HeartFlow which enabled my heart specialist to confirm I was in good health to travel to New Zealand on the Lions tour. ”*

**Mr Gwyn Davies.**

For more information about our Advanced Diagnostics Centre of Excellence, please contact: **01633 820 301**, email **advanceddiagnostics@stjosephshospital.co.uk** or visit **stjosephshospital.co.uk**

## Orthopaedic Surgery

St Joseph's Hospital is proud to be at the forefront of orthopaedic care in Wales. We are able to offer the services of a leading team of orthopaedic specialists working in the private hospital sector in Wales, undertaking over 2,000 procedures every year. Our specialists are senior consultants, overseeing and conducting treatment personally. Patients that you refer to us are in the best possible hands.

The expertise and experience of our orthopaedic consultants is matched by our entire end-to-end patient care journey, beginning with patient diagnosis and right through to total rehabilitation. We use state-of-the-art diagnostic imaging technology to ensure our diagnoses are as clear, accurate and informative as possible.

St Joseph's is committed to the highest levels of patient care, and this centres around the patient, and providing them with the very best treatment that they need. After treatment, we are committed to empowering the patients to maintain a better quality of life and our dedication to their needs goes beyond initial diagnoses and treatment.

### The patient journey at St Joseph's

Our award-winning Patient Support Service is an innovative nurse-led enterprise with a patient centred focus from the point of the first consultation. Our highly experienced team provides emotional support prior to admission and throughout their stay, planning their discharge and maintaining regular contact with them whilst they continue their recovery at home. Our Patient Support Service has just been shortlisted for a prestigious Nursing Times Award for our work within individualised care from diagnosis to post discharge.

The team supports patients during consultations and procedures as required, undertakes regular ward visits and offer a familiar voice at the end of the phone following discharge from hospital, for any questions they may have. With the consent of a patient, our Patient Support team will also liaise with family or a nominated individual to offer information and support throughout the time a patient is with us.

### Integrated orthopaedic care

In our long and established experience, the best results for our patients are achieved by a seamless journey from diagnosis to recovery. Our Orthopaedic Surgery Centre of Excellence is fully integrated with our Centre for Advanced Diagnostics and our Centre for Clinical Physiotherapy providing this very service.

**Leading specialists, advanced technology, and rapid access to diagnostics and therapeutic intervention**  
At St Joseph's Hospital, we aim to offer you



patients scan appointments within 24 hours of receiving the referral. Our rapid radiological reporting which is often on the same day, allows patients to be diagnosed in the shortest possible timescales. If further intervention is recommended by our consultants then interventional radiological procedures can be offered seamlessly, seven days of the week.

One of the reasons we have been able to attract a team of such eminent orthopaedic specialists to St Joseph's has been our £3million investment in diagnostic imaging technology. Our state-of-the-art diagnostic imaging equipment means consultants have, at their fingertips, every type of imaging modality required for precision diagnosis of orthopaedic problems to provide the very best care, safety and comfort for patients.

Our dynamic 4D CT scanner, which is unique in Wales and the South West of England is the only model globally which can image a moving joint in 4D. As well as identifying the cause of the problem, which cannot be identified via static X-ray and MRI, it requires a fraction of the radiation exposure necessary on older, inferior machines.

If an MRI scan is required, patients feel less claustrophobic at St Joseph's thanks to our state-of-the-art wide bore scanner that provides 12 inches of free space above the head with 60% of examinations conducted with the head outside the machine. Our MRI scanner is 90% quieter than standard MRI scans due to patented noise suppression technology.

Our surgical orthopaedic procedures are conducted in our two operating theatres, both of which have laminar flow ventilation.

### Specialist teams

Whatever your patient's orthopaedic care needs and diagnosis, our specialist orthopaedic surgeon will be supported by a comprehensive multi-disciplinary team of highly skilled and experienced medical

professionals. This includes specialist musculo-skeletal consultant radiologists, pain medicine consultants, consultant anaesthetists, nurses and physiotherapists.

Our expert orthopaedic care is available across five areas.

#### Spinal clinic:

St Joseph's has an excellent reputation for high standards of surgery and care across an extensive range of spinal disorders and injuries, including scoliosis, spinal deformity, spinal tumours and disc prolapse.

#### Hip and knee clinic:

Our specialists treat injuries, hereditary and developmental conditions and arthritis in all its forms, offering guided hip injections, to alleviate the symptoms of hip damage and aid diagnosis; hip replacements; non-surgical knee treatments and knee surgery, including replacements.

#### Shoulder and elbow clinic:

Five of the UK's top orthopaedic surgeons treat injuries and degenerative issues and conduct complex or revision procedures, with patients including elite athletes from the worlds of rugby, tennis, athletics and football.

Using the latest techniques and state-of-the-art technology, our team are specialists in keyhole surgery to reduce patients' pain and recovery time.

#### Hand and wrist clinic:

Caring for both adults and children, our internationally-recognised hand and wrist team brings together world-class orthopaedic and plastic surgeons with specific hand and wrist training, supported by specialist physiotherapists, neurophysiologists and radiologists. They treat the full spectrum of hand and wrist conditions, including carpal tunnel syndrome, osteoarthritis, rheumatoid arthritis, fractures, work-related conditions and sports injuries.

#### Foot and ankle clinic:

Our foot and ankle specialist team treats conditions including arthritis, sprains and instability, ankle replacement, Achilles tendinopathy, Plantar fasciitis, bunions, flat foot, ingrown toenails and fractures.

#### Rehabilitation – specialist care for swift, effective recovery

Recovery and rehabilitation is supported both before and after surgery, by our team of expert physiotherapists who give advice on pain management and work with the patient to develop a bespoke exercise plan. The team have the time to talk to the patient and fully understand the goals they hope to achieve. Based in our Centre for Clinical Physiotherapy, they work as part of our multi-disciplinary team, providing immediate access to specialist care both prior to, and following, surgery.

Featuring a fully equipped 40m<sup>2</sup> heated

hydrotherapy pool and the only state-of-the-art AlterG anti-gravity treadmill open to patients and the public in Wales, the centre offers a revolutionary approach to rehabilitation and training. These facilities promote accelerated recovery allowing patients to reach their potential faster.

#### Rapid Recovery Programme – getting the patient back on their feet

After treatment or surgery, we understand that the patient wants to feel the benefits as soon as possible. Our Rapid Recovery Programme has been designed to speed recovery and minimise complications for hip, knee, shoulder and elbow patients, with most ready to go home within 24 to 72 hours.

Ahead of patient admission we help them to prepare thoroughly, including providing a pre-operative physiotherapy programme. Our pioneering surgical and anaesthetic techniques then minimise discomfort and nausea after their operation, and we make sure they are up and moving within 24 hours of surgery.

We keep in touch after a patient is discharged, to ensure their care is maintained and that they are more than satisfied with the care that they received.

#### Care through to patient recovery, not just discharge

St Joseph's healthcare doesn't stop at discharge but at complete recovery, so if a patient is worried or concerned about anything, they can just come back and see us.

#### Testimonial

*"I suffered a fall and St Joseph's arranged for me to see an orthopaedic consultant and have an MRI that very day. I was then booked in for surgery three days later. My pre-surgical assessment was undertaken and a physiotherapist strapped my leg before I headed home just four hours later with all arrangements for my surgery in place.*

*"The care I received during my inpatient stay was first class – nothing was too much trouble. I even stayed an extra night as I didn't feel quite well enough to go home and this was arranged seamlessly.*

*"Thanks to a programme of physiotherapy and hydrotherapy, all undertaken at St Joseph's, my rehabilitation has exceeded expectation.*

*"I cannot recommend St Joseph's highly enough. All the care I needed was available under one roof, without delay and was delivered by exceptionally diligent and caring staff."*

*Mrs Dance, Caerleon*

For more information please call **01633 820 300**, email [hello@stjosephshospital.co.uk](mailto:hello@stjosephshospital.co.uk) or visit [stjosephshospital.co.uk](http://stjosephshospital.co.uk)

## Clinical Physiotherapy

### Back pain.

Recurrent and chronic spinal pain is a growing problem in modern day society. At St Joseph's Hospital we have a team of physiotherapists to help get your patients back on their feet

The early assessment and targeted management of low back pain is essential in improving outcomes, quality of life and reducing the overall impact to the economy.

The Centre for Clinical Physiotherapy has for the past 2 years adopted the evidence based approach endorsed by Arthritis Research UK whereby care is delivered in a stratified targeted manner. We



utilise the STaRT Back screening tool for all patients attending with back pain. This tool identifies key clinical factors which help to predict outcomes for individuals with back pain. Factors which can be identified by treatment are pin pointed. The STaRT back tool serves as a screening tool to help determine prognosis and appropriate treatment paths. Nine factors determine whether someone is low, medium or high risk and helps target appropriate treatment.

Patients in the high risk group have been shown to require psychological support and input to managing their condition effectively. Simply treating their symptoms is not enough and results in dependency and frustration. Our physiotherapists at our Centre have specific training in assessing and managing patients with often complex psychosocial elements to their back pain.

When assessing individuals with low back pain we aim to keep a broad mindset and emphasis is placed on treating the whole patient. We discuss their expectations and prognosis and focus on the psychosocial treatment with the individual. Our team of physiotherapists work alongside Kerry Williams, a counsellor and psychotherapist at St Joseph's Hospital, to provide a combined approach for particularly complex patients.

If you feel that one of your patients could benefit from a referral to our team then please do not hesitate to contact us. Physiotherapy appointments are competitively priced at £50 for a new assessment/treatment and £40 for follow-up treatments and we aim to provide all referred patients an appointment within 72hours.

For more information please call **01633 820 321**, email **clinicalphysiotherapy@stjosephshospital.co.uk** or visit **stjosephshospital.co.uk**



## Monthly CPD events

Our regular CPD sessions are a great way to learn from, and get valuable time with our Consultants, whilst viewing the facilities on offer at St Joseph's, and networking with colleagues.

To book your place please call Deb Griffiths on **01633 820 390** or email [gp@stjosephshospital.co.uk](mailto:gp@stjosephshospital.co.uk)

Thursday 14th September St Joseph's Hospital		6.45pm to 7.15pm Drinks reception and buffet	7.15pm to 7.55pm Common perianal problems and how to identify them  Mr Keshav Swarnkar	8pm to 8.40pm How to examine a breast with a focus on diagnosis and referral  Mr Kelvin Gomez
Thursday 12th October North Cardiff Medical Centre	Orthopaedic Examination & Injection Workshop	6.45pm to 7.15pm Drinks reception and buffet	7.15pm to 9.15pm Foot & ankle Shoulder & elbow Hand Knee	Mr Kartik Hariharan Mr Ro Kulkarni Mr Andrew Roberts Mr Mark Lewis
Thursday 19th October Monmouthshire Rugby Club		6.45pm to 7.15pm Drinks reception and buffet	7.15pm to 7.55pm How to read an ECG: interactive workshop and self-assessment  Dr Philip Campbell	8pm to 8.40pm Common eye problems and knowing when to refer: interactive learning and self-assessment  Mrs Rita Sengupta
Thursday 16th November St Joseph's Hospital		6.45pm to 7.15pm Drinks reception and buffet	7.15pm to 7.55pm Fibromyalgia and wide spread pain: can we help?  Dr Sonia Wartan	8pm to 8.40pm Modern use of PSA in diagnosis and treatment of cancer with case studies  Professor Raj Persad
Thursday 7th December St Joseph's Hospital	Hip Workshop	6.45pm to 7.15pm Drinks reception and buffet	7.15pm to 7.55pm Clinical examination of the hip  Mr Phillip Alderman	8pm to 8.40pm Hip arthritis and how to treat it  Mr Aled Evans

In addition to conducting monthly CPD sessions, our Consultants would be delighted to visit your practice to talk about conditions that are of interest to your team. We also invite GPs and other healthcare referrers to visit the hospital to view the facilities and meet the team.

Please email [andrew.evans@stjosephshospital.co.uk](mailto:andrew.evans@stjosephshospital.co.uk) to arrange.

### How to refer to St Joseph's

To refer private patients please:

- use the **new** online referral system on the GP area of the [stjosephshospital.co.uk](http://stjosephshospital.co.uk) website
- telephone our bookings team on **01633 820 344**. Please follow up with a referral letter within 24 hours
- fax **01633 820 294**
- email [opappointments@stjosephshospital.co.uk](mailto:opappointments@stjosephshospital.co.uk)
- post referral letter, either to a named Consultant or to the specialty, to: St Joseph's Hospital, Harding Avenue, Malpas, Newport, NP20 6ZE

## UrgentCare Centre

### Basic Life Support and Anaphylaxis training for GPs.

BLS and Anaphylaxis training form part of healthcare workers' annual mandatory training. St Joseph's offers GP practices this training free of charge. Training is conducted by Dr Alan Ng, Lead Clinician of the UrgentCare Centre, who is accredited by the Resuscitation Council UK.

Sessions can be delivered either at your GP practice or at St Joseph's at times to suit you. The training takes approximately one hour, with an initial presentation followed by a practical demonstration and then the opportunity for participants to engage in a skills practice session. Certification for participants will be issued by Accredited Trainers of the Resuscitation Council UK.

Dr Alan Ng will facilitate your training needs either in the comfort of your own practice or at our state-of-the-art facilities here at St Joseph's Hospital.

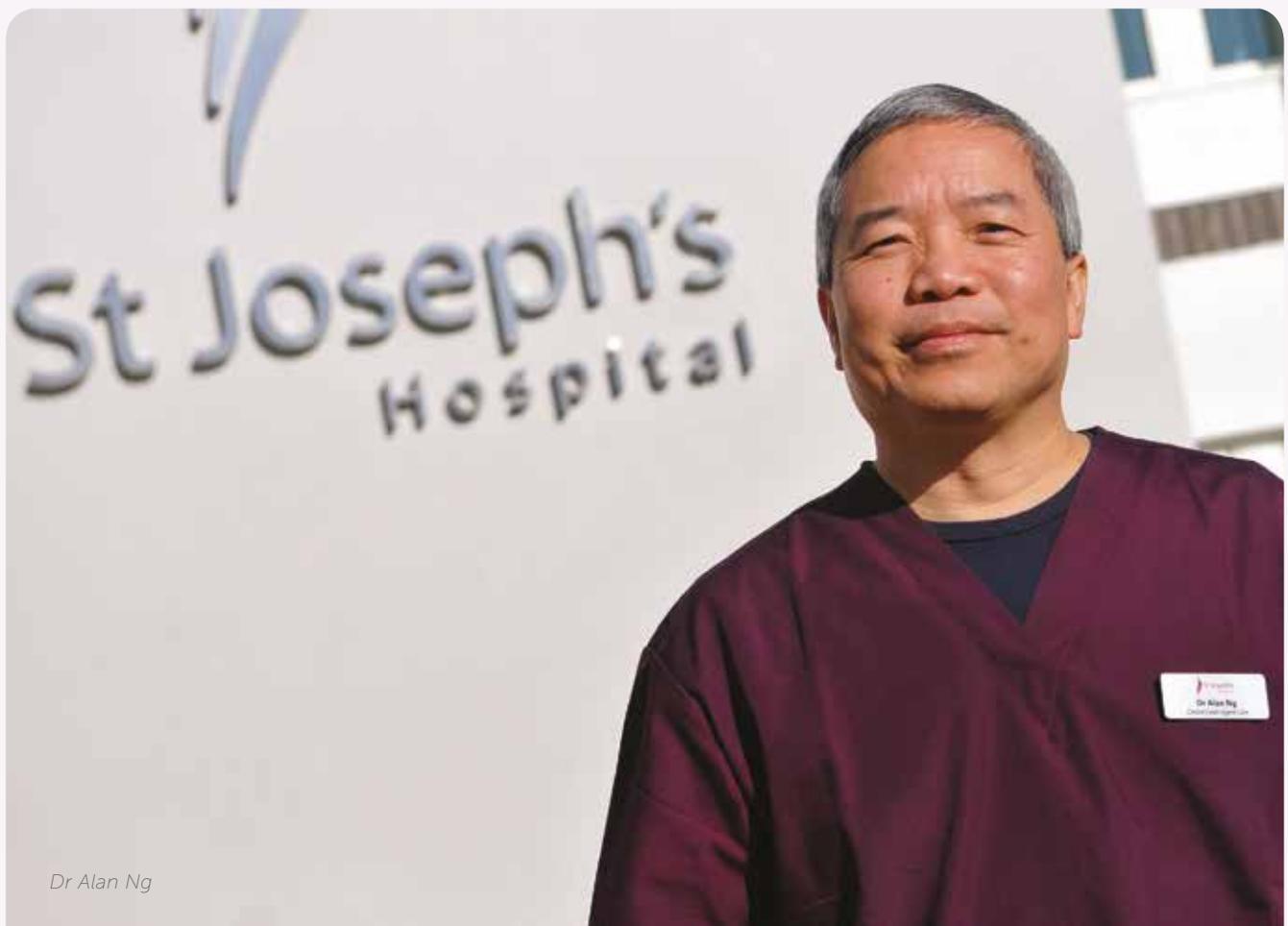
To book, please contact Andrew Evans, Business Development Manager on **01633 820 284** or email [andrewevans@stjosephshospital.co.uk](mailto:andrewevans@stjosephshospital.co.uk)

## Phlebotomy Service

The Pathology Department at St Joseph's Hospital provides a bespoke Phlebotomy Service. We recognise the difficulty encountered by GP practices and patients when trying to arrange patient blood tests, this can be for many reasons, such as appointment times at the surgery or family commitments. At St Joseph's we are able to accommodate times that may suit your patient's busy lives and we offer appointments Monday to Friday between 9am and 4pm.

The cost of the service is £25.00 and samples may be returned to the patient's GP surgery if required.

To discuss this service in more detail or to book an appointment, please call the Pathology Department on **01633 820 342**.



Dr Alan Ng



We offer a wide range of services to complement your practice, including:

#### Travel Clinic

The Private GP Centre is a certified Yellow Fever Centre. Following completion of a pre-travel questionnaire an appointment can be made, usually on the same or next day, with a highly qualified travel health nurse. Our health professionals offer advice and guidance regarding yellow fever and additional vaccinations that may be needed for upcoming travel, such as anti-malaria prophylaxis.

We also offer the MMR vaccine, particularly relevant given the high risk of contracting measles in Europe at the present time. St Joseph's Hospital endorses the current governmental advice and guidance recommending that all travellers born after 1970 should ensure they have had x2 MMR vaccines prior to travel. We also offer the MMR vaccine outside of the NHS routine vaccination schedule and this is particularly recommended for 6-9 month old babies if they are at high risk of becoming infected in certain circumstances, such as a measles outbreak.

#### Well-woman Clinic

The clinic offers a variety of bespoke services including contraception advice, insertion and removal of contraceptive implants, cervical cytology and pessary insertion and removal. We also offer cervical cytology to women who do not meet the current NHS age criteria.

#### Vaccination Clinic

We are able to provide a full range of vaccinations to address all health needs, including Meningitis B, Shingles, Chickenpox and HPV.

In addition to the above treatments and procedures, we can accommodate other

## GP services

The Private GP Centre at St Joseph's Hospital provides a complete and fully integrated service.

procedures as required, such as ear irrigation, dressing treatments and suture removal.

We recognise the demands of work and family commitments and offer same or next day appointments, including in the evenings and weekends. In addition to meeting patient needs we are able to ease the pressure on your busy practice.

#### Welcome

We are delighted to welcome Dr Isabel Echeveste to our Private GP service.

"For the last fifteen years I have worked as a GP in a busy Newport practice, where I also trained. As part of my dermatology training I gained a diploma from the University Hospital of Wales in 2006, which allowed me the opportunity to work at the Royal Gwent Hospital in the Dermatology Department's pigmented lesion clinic.

My specialist interests include dermatology, the removal and insertion of contraceptive devices and psychiatry".

For more information please call **01633 820 311**, email [privategp@stjosephshospital.co.uk](mailto:privategp@stjosephshospital.co.uk) or visit [stjosephshospital.co.uk](http://stjosephshospital.co.uk)



*Right: Dr Isabel Echeveste*



## Consultant guide

### **Audiology**

Richard Gale  
Rhys Barber

### **BreastCare**

Mr Charlie Chan  
Mr Christopher Gateley  
Mr Kelvin Gomez  
Miss Valentina Lefemine

### **Cardiology**

Dr Stephen Hutchison  
Dr Philip Campbell  
Dr Nigel Brown  
Dr Andrew Williams  
Dr James Cullen  
Dr Shawmendra Bundhoo  
Dr Christoph Mädler

### **Clinical Neurophysiology**

Dr Benny Thomas

### **Cosmetic Surgery**

Mr Anthony MacQuillan

### **Counselling**

Kerry Williams

### **Dermatology**

Dr Caroline Mills  
Dr Richard Goodwin  
Dr Natalie Stone  
Dr Nabil Ponnambath

### **Diabetes & Endocrinology**

Dr Kofi Obuobie  
Professor Peter Evans

### **ENT**

Mr Ali Raza  
Mr Patrick Cuddihy  
Mr Duncan Ingrams  
Mr Stephen McDonald  
Mr Mark Preece  
Mr Carl Passant  
Mrs Julia Addams-Williams

### **Gastroenterology (including weight loss)**

Dr Vivek Goel  
Dr Nimal Balaratnam  
Professor Nadim Haboubi  
Dr Peter Neville  
Dr Marek Czajkowski

### **General Surgery**

Mr Brian Stephenson  
Professor Ashraf Rasheed  
Mr Keshav Swarnkar  
Mr Gethin Williams  
Mr Ahmed Shandall  
Mr E. Steve Mckain  
Mr Krishnamurthy Somasekar  
Mr Vincent Chamary  
Mr Rhodri Codd  
Mr Samir Rahmani  
Mr Michael Nutt

### **Gynaecology**

Mrs Rohini Gonsalves  
Mrs Leena Gokhale  
Mr Gareth Edwards  
Mrs Makiya Ashraf  
Miss Anita Nargund  
Mrs Sajitha Parveen  
Professor Nazar Amso

### **Haematology**

Dr Husni Habboush

### **Neurology**

Dr Kenneth Dawson  
Dr Fady Joseph  
Dr Gareth Llewelyn

### **Occupational Health**

Dr Jonathan Hancock  
Dr Carly Atkinson

### **Ophthalmology**

Mr Chris Blyth  
Mr Andrew Feyi-Waboso  
Mrs Rita Sengupta  
Mr Desmond O'Duffy  
Mr Michael Andrew Roberts  
Miss Tina Duke

### **Oral & Maxillofacial**

Mr Richard Parkin  
Mr Simon Jones

### **Orthopaedic Medicine**

Dr Simon Hannaford-Youngs

### **Orthopaedic Surgery**

#### **Ankle**

Mr Kartik Hariharan  
Mr Yogesh Nathdwarawala  
Mr Sujit Kadambande

### **Elbow / Arm**

Mr Ro Kulkarni  
Mr Andrew Rogers  
Mr Hemang Mehta  
Mr Michael Thomas

### **Foot**

Mr Kartik Hariharan  
Mr Yogesh Nathdwarawala  
Mr Sujit Kadambande

### **Hand / Wrist**

Mr Andrew Rogers  
Mr Robert Savage  
Mr Russell Walker  
Mr Vasudev Shanbhag

### **Hip**

Mr Phillip Alderman  
Mr Aled Evans  
Mr Mark Lewis  
Mr Gordon Gillespie  
Mr Paul Roberts  
Mr David Baker  
Mr Russell Walker  
Mr John Lloyd  
Mr Daniel Parfitt

### **Knee**

Mr Phillip Alderman  
Mr Aled Evans  
Mr Mark Lewis  
Mr Gordon Gillespie  
Mr Huw Pullen  
Mr David Baker  
Mr Russell Walker  
Mr John Lloyd  
Mr Daniel Parfitt

### **Shoulder**

Mr Ro Kulkarni  
Mr Huw Pullen  
Mr Hemang Mehta  
Mr Paul Roberts  
Mr Michael Thomas

### **Spine**

Mr Abraham Manoj Thomas  
Mr James Cordell-Smith  
Mr Ash Khurana

### **Orthotics**

Douglas Young

### **Osteopathy**

Andrew Lewis

### **Pain Management**

Dr Tzvetanka Ivanova-Stoilova  
Dr Sonia Wartan

### **Palliative Care**

Dr Deborah Jenkins

### **Podiatry**

Richard Green

### **Psychiatry**

Dr Dilum Jayawickrama  
Dr Divya Sakhuja

### **Respiratory Medicine**

Dr Patrick Flood-Page  
Dr Sara Fairbairn  
Dr Jose Thomas  
Dr Andreea Ionescu  
Dr Melissa Hack

### **Rheumatology**

Dr Stuart Linton  
Dr Syed Ayas  
Dr Robert Callaghan

### **Sports & Exercise Medicine**

Dr Geoff Davies

### **Stroke Clinic**

Dr Yaqoob Bhat

### **Urology**

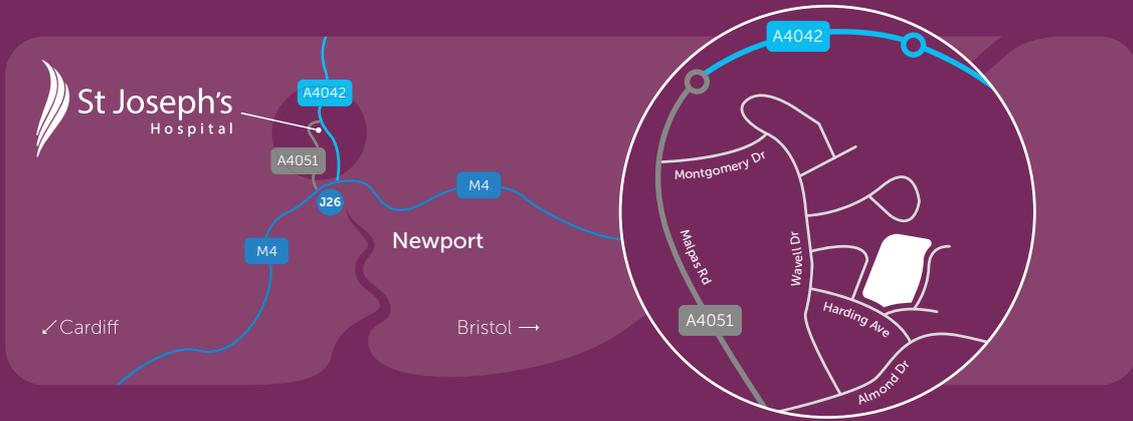
Mr Christopher Bates  
Prof Raj Persad

### **Vascular Surgery**

Mr Ahmed Shandall

## We're ready to welcome your patients

If you want to find out more about how St Joseph's Hospital can help your patients with the next step in their care please get in touch using the contact details below.



## Our Centres of Excellence



Advanced Diagnostics



BreastCare



Cardiology



Clinical Physiotherapy



Corporate Wellness



Cosmetic Surgery



Health Assessments



Ophthalmology



Orthopaedic Surgery



Private GP



Skin Clinic



UrgentCare

We look forward to welcoming you to St Joseph's.



Harding Avenue, Malpas, Newport, NP20 6ZE  
01633 820 300 [hello@stjosephshospital.co.uk](mailto:hello@stjosephshospital.co.uk)

[stjosephshospital.co.uk](https://stjosephshospital.co.uk)